



Conservative revolt in the House blocks effort to reauthorize a key U.S. spy tool

By ERIC TUCKER and
FARNOUSH AMIRI

Associated Press

WASHINGTON (AP) — A bill that would reauthorize a crucial national security surveillance program was blocked Wednesday by a conservative revolt, pushing the prospects of final passage into uncertainty amid a looming deadline. The legislative impasse follows an edict earlier in the day from former President Donald Trump to “kill” the measure.

The breakdown comes months after a similar process to reform and reauthorize the surveillance program fell apart before it even reached the House floor. Speaker Mike Johnson, R-La., has called the program “critically important” but has struggled to find a path forward on the issue, which has been plagued by partisan bickering for years. The procedural vote to bring up the bill Wednesday failed 193-228, with nearly 20 Republicans voting no.



An FBI seal is seen on a wall on Aug. 10, 2022, in Omaha, Neb.

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"We're going to regroup and consider next steps," Johnson told reporters after the vote failed. "We can't allow this important provision to expire." It marks the latest blow to Johnson's leadership as he faces being ousted from his job in the same stunning fashion as his predecessor. Hours before the vote, the Republican leader made a final push urging for passage, saying Congress must "address these abuses" without cutting off the surveillance program entirely. The bill's failure also reflected the dramatic ideological shift in the Republican Party, which for years after the Sept. 11 attacks supported expansive surveillance in the name of national security but has more recently walked back from that position thanks in part to lingering outrage over the FBI's investigation into Trump's 2016 campaign. That skepticism of the government's spy powers has created an unusual alliance between far-right Republicans and civil liberties-minded Democrats. The bill in question would renew Section 702 of the Foreign Intelligence Surveillance Act, which permits the U.S. government to collect without a warrant the communications of non-



Speaker of the House Mike Johnson, R-La., speaks during a news conference on Capitol Hill Wednesday, April 10, 2024, in Washington.

Associated Press

Americans located outside the country to gather foreign intelligence. The reauthorization is currently tied to a series of reforms aimed at satisfying critics who complained of civil liberties violations against Americans. But Republican opponents have complained that those changes did not go far enough. Among the detractors are some of Johnson's harshest critics, members of the ultra-conservative House Freedom Caucus, who have railed the speaker for reaching across the aisle several

times since taking the gavel in October to carry out the basic functions of the government. It remains unclear now if the proposal, backed by the Biden administration and Johnson, would eventually have enough votes to advance. Though the program would technically expire on April 19, the Biden administration said it expects its authority to collect intelligence to remain operational for at least another year, thanks to an earlier opinion from the For-

eign Intelligence Surveillance Court, which oversees surveillance applications. U.S. officials have said the tool, first authorized in 2008 and renewed several times since then, is crucial in disrupting terror attacks, cyber intrusions and foreign espionage and has also produced intelligence that the U.S. has relied on for specific operations. But the administration's efforts to secure reauthorization of the program have encountered fierce, and bipartisan, pushback, with Democrats like Sen. Ron Wyden

who have long championed civil liberties aligning with Republican supporters of Trump, who in a post on Truth Social on Wednesday stated incorrectly that Section 702 had been used to spy on his presidential campaign. "Kill FISA," Trump wrote in all capital letters. "It was illegally used against me, and many others. They spied on my campaign." A former adviser to his 2016 presidential campaign was targeted over potential ties to Russia under a different section of the surveillance law. A specific area of concern for lawmakers has centered on the FBI's use of the vast intelligence repository to look up information about Americans and others in the U.S. Though the surveillance program only targets non-Americans in other countries, it also collects communications of Americans when they are in contact with those targeted foreigners. In the past year, U.S. officials have revealed a series of abuses and mistakes by FBI analysts in improperly querying the intelligence repository for information about Americans or others in the U.S., including about a member of Congress and participants in the racial justice protests of 2020 and the Jan. 6, 2021, riot at the U.S. Capitol. □

Broadband Facts

Provider Name	
Service Plan Name and/or Speed Tier	
(Fixed or Mobile) Broadband Consumer Disclosure	
Monthly Price	\$00.00
This monthly price is an introductory rate	Yes / No
Time the introductory rate applies	YY months
Monthly price after the introductory rate	\$00.00
Length of contract	YY months
Link to Terms of Contract	
https://www.example.com/terms-of-contract	
Additional Charges & Terms	
Provider Monthly Fees	
Fee description	\$00.00
Fee description	\$00.00
Fee description	\$00.00
Fee description	\$00.00

This image provided by the Federal Communications Commission shows a portion of a blank, sample broadband consumer label.

By CORA LEWIS
Associated Press
NEW YORK (AP) — Much like nutritional labels on food products, "broadband labels" for internet packages will soon tell you just what is going into the pricing

of your service, thanks to new rules adopted by the Federal Communications Commission this week. "If you've ever shopped for home or mobile internet, you can understand how hard it can be to under-

Internet providers must now be more transparent about fees, pricing, FCC says

stand what you're actually paying for," said Jon Donenberg, Deputy Director of the White House National Economic Council, on a call with reporters. "The broadband nutrition label is a tool that can help consumers make sure they have a clear, straightforward explanation of home and mobile services before signing up for anything." Following the design of FDA food labels, these broadband labels will provide easy-to-understand, accurate information about the cost and performance of high-speed internet service to help consumers avoid

junk fees, price hikes, and other unexpected costs. Internet service providers selling home access or mobile broadband plans will be required to have a label for each plan beginning April 10. The labels will be mandated to appear at any point of sale, including online and in stores, and they will be required to disclose all pricing information — including introductory rates, data allowances, and speeds. The labels will also include links to information about network management practices and privacy policies. Here's what you need to know.

WHAT'S BEHIND THE NEW LABELING?
Hidden fees and unexpected rate hikes have dogged consumers shopping for internet service for years, and the Biden administration has been cracking down on "junk fees" (opaque and misleading fee structures) across industries — including banking, hotel and airline pricing, and utility and phone services — for the past several years. On a call Tuesday, a spokesperson for the FCC clarified that the labels "cannot be buried in multiple clicks" or hidden in a way that a consumer might miss. □

Ukraine will be outgunned by Russia 10 to 1 in weeks without U.S. help, top Europe general says

By TARA COPP

Associated Press

WASHINGTON (AP) — The top general for U.S. forces in Europe told Congress Wednesday that Ukraine will be outgunned 10 to one by Russia within a matter of weeks if Congress does not find a way to approve sending more ammunition and weapons to Kyiv soon. The testimony from Army Gen. Christopher Cavoli, head of U.S. European Command, and Celeste Wallander, assistant secretary of defense for international security affairs, comes as Congress enters pivotal weeks for voting for aid for Ukraine, but there's no guarantee funding will be improved in time. Ukraine has been rationing its munitions as Congress has delayed passing its \$60 billion supplemental bill.

"They are now being out-shot by the Russian side five to one. So the Russians fire five times as many artillery shells at the Ukrainians than the Ukrainians are able to fire back. That will immediately go to 10 to one in a matter of weeks," Cavoli said. "We're not talking about months. We're not



Supreme Allied Commander Europe, Gen. Christopher Cavoli addresses a media conference at NATO headquarters in Brussels, Jan. 18, 2024.

Associated Press

talking hypothetically." Republican House Speaker Mike Johnson has been trying to find a way forward for the bill that would fund new rounds of munitions production at U.S. firms to enable the Pentagon to then rush more munitions to Ukraine. Johnson is trying to bring it to the floor for a House vote, but he is facing concerns from members

who cite domestic needs, including border security. The speaker is also facing a threat to his leadership role from his far-right flank by Georgia Republican Rep. Marjorie Taylor Greene who has called for his ouster over the issue. While the political battles on Capitol Hill continue, the dire battlefield situation in Ukraine worsens.

Cavoli told the lawmakers that in this conflict, the U.S. flow of 155mm artillery shells has been a lifeline. "The biggest killer on the battlefield is artillery. In most conflicts, but in this one definitely. And should Ukraine run out, they would run out because we stopped supplying because we supply the lion's share of that," Cavoli said. Russia's

own production of missiles has ramped up and can launch large-scale attacks every few days. If Ukraine's air defense stocks run out, "those attacks would absolutely cripple the economy, and the civil society as well as the military of Ukraine if they were not defended against without a U.S. provision of interceptors," Cavoli said. "Their ability to defend their terrain that they currently hold and their air-space would fade rapidly, will fade rapidly without the supplemental," Cavoli said. If Kyiv falls, it could imperil Ukraine's Baltic NATO member neighbors and potentially drag U.S. troops into a prolonged European war. At a Capitol Hill press conference Wednesday Johnson said, "House members are continuing to actively discuss our options on a path forward."

"It's a very complicated matter at a very complicated time. The clock is ticking on it, and everyone here feels the urgency of that, but what's required is that you reach consensus on it, and that's what we're working on," Johnson said. □

Japan is giving Washington 250 new cherry trees to replace those to be lost in construction work

By WILL WEISSERT

Associated Press

WASHINGTON (AP) — Japan is giving the United States 250 new cherry trees to help replace the hundreds that are being ripped out this summer as construction crews work to repair the crumbling seawall around the capital's Tidal Basin.

Japanese Prime Minister Fumio Kishida made the announcement as President Joe Biden welcomed him to the White House on Wednesday for an official visit and state dinner. Biden said the gift is meant to mark the 250th anniversary of the U.S. in 2026, adding, "Like our friendship, these

trees are timeless, inspiring and thriving."

In 1912, first lady Helen Herron Taft and Viscountess Chinda, wife of the Japanese ambassador to the United States, planted two Yoshino cherry trees on the northern bank of the Potomac River's Tidal Basin. They were part of the 3,000 such trees Japan gave the U.S. in a symbol of the two countries' friendship. The trees blossom in brilliant pinks and reds each spring and draw more than 1 million visitors to Washington. The aesthetics of the nation's capital aside, the latest gift reflects the geopolitical alliance between Biden and Kishida as they

hold talks on the delicate security situation in the Pacific. The state dinner is designed to celebrate one of Biden's strongest allies.

Senior administration officials noted on a call with reporters that the two most important gifts that foreign countries have given the United States are arguably the Statue of Liberty which came from the French and was dedicated in 1886 and Japan's cherry trees in Washington.

The Tidal Basin is a 107-acre manmade reservoir bordering the Jefferson Memorial that is home to the highest concentration of cherry blossom trees. The senior officials said that when the



The Washington Monument is visible behind a cherry tree affectionally nicknamed 'Stumpy', March 19, 2024 in Washington.

Associated Press

Japanese learned that some of the trees would be felled due to the construc-

tion work, they immediately offered to provide saplings when the time was right. □

South Carolina's top officer not releasing details on 2012 hack that stole millions of tax returns

By **JEFFREY COLLINS**

Associated Press

COLUMBIA, S.C. (AP) —

Twelve years after a hacker stole personal data from more than 3.6 million people in South Carolina by obtaining Social Security numbers and credit card information from tax returns, the state's top police officer said Wednesday he thought he knew who did it but wasn't ready to name anyone.

State Law Enforcement Division Chief Mark Keel was careful not to release many details during his confirmation hearing for another six-year term. He said what authorities didn't find shows that the state had the right response after the U.S. Secret Service identified the hack and data breach in October 2012.

"I think the fact that we didn't come up with a whole lot of people's information that got breached is a testament to the work that people have done on this case," Keel said.

A contractor with the state Department of Revenue clicked on a malicious link in an email in the summer of 2012, allowing a hacker to access 6.4 million state income tax returns. They



State Law Enforcement Division Chief Mark Keel waits to answer questions at his confirmation hearing on Wednesday, April 10, 2024, in Columbia, S.C.

collected the Social Security numbers of 3.6 million people and almost 400,000 credit and debit card numbers.

The state paid \$12 million for identity theft protection and credit monitoring for its residents after the breach. At the time, it was one of the largest breaches in U.S. history but has since been surpassed greatly by hacks to Equifax, Yahoo, Home Depot, Target and PlaySta-

tion.

Democratic Sen. Brad Hutto has been searching for answers for over a decade and has been repeatedly told it was an active investigation and couldn't be talked about. Hutto decided to ask Keel about the breach Wednesday to try to get answers in public.

"Now you can tell us that y'all paid somebody in Azerbaijan \$28,000 or whatever it was," Hutto said.

Keel refused again to say if South Carolina paid a ransom to the hacker to get the information back.

"I'm probably still not going to be totally transparent with you, OK?" Keel said. "I'm not going to lie to you either."

Keel justified the insurance for taxpayers and the federal and state investigative work by saying the quick action prevented the hacked information from

being used and the proof was what didn't happen an onslaught of bogus credit card charges or people using stolen ID information.

In retrospect, the state may not have had to spend \$12 million on insurance. But that is with the benefit of hindsight, Keel said.

"We didn't really have a choice," Keel said. "It was something that we had to do because at the time this happen we had to start trying to protect people immediately. We didn't have time for the investigation to play out the way it ultimately played out."

Hutto responded: "Did it play out? Do you know who did it?"

"Yes, sir, I know who did it," Keel said, refusing to give any other details.

Hutto asked if the person had been prosecuted, then laughed and said it might have been because the person was paid off.

Keel didn't respond to the bait. "If we could ever get to this individual, they may be," he said.

The Senate subcommittee approved Keel's nomination for an additional six-year term. It now goes to the full Judiciary Committee. □

Associated Press

Consumers would be notified of AI-generated content under Pennsylvania bill

By **MARK SCOLFORO**

Associated Press

HARRISBURG, Pa. (AP) —

Pennsylvania consumers would be notified when content has been generated by artificial intelligence, and defendants couldn't argue that child sexual abuse material created by artificial intelligence isn't illegal, under a bill the House passed Wednesday.

The bill's prime sponsor, Rep. Chris Pielli, said it was designed to place guardrails around the use of artificial intelligence to protect consumers.

"This bill is simple," Pielli, a Democrat from Chester

County, said in floor remarks. "If it's AI, it has to say it's AI. Buyer beware."

Lawmakers voted 146-54 to send the measure to the state Senate for its consideration. All Democrats were in favor, while Republicans were roughly split.

The bill would change the state's Unfair Trade Practices and Consumer Protection Law to require "clear and conspicuous disclosure" when artificial intelligence has been used to create written text, images, audio or video.

The notice would have to be displayed when the content is first shown to

consumers. Violators would have to knowingly or recklessly post AI content, which Pielli said would help protect news organizations that unwittingly publish AI content.

It is opposed by the Pennsylvania Chamber of Business and Industry on the grounds that it could expose businesses to civil litigation and would not be limited to deceptive material. The group is specifically opposed to the consumer notification portion of the bill, a chamber spokesman said.

Another provision of the bill prohibits defendants from

arguing that child sexual abuse material created by

artificial intelligence isn't illegal under criminal laws. □



Pennsylvania state representatives held a voting session on Wednesday, April 10, 2024, in the state Capitol in Harrisburg, Pennsylvania.

Associated Press

A major UK report says trans children are being let down by toxic debate and lack of evidence

By JILL LAWLESS

Associated Press

LONDON (AP) — Children who question their gender identity are being let down by lack of evidence and a toxic political debate, according to a report Wednesday from a senior doctor in England.

Dr. Hilary Cass said there is “no good evidence on the long-term outcomes of interventions to manage gender-related distress,” and young people have been caught up in a “stormy social discourse” about the issue.

“Ideology on all sides has directed care, rather than care being directed by normal principles of pediatrics and mental health,” said Cass, a retired clinical pediatrician appointed to lead a review of gender services for young people by the state-funded National Health Service.

On April 1 doctors in England’s public health system stopped prescribing puberty-blocking hormones to children and young people with gender dysphoria. The decision came after recommendations in Cass’ earlier interim report, which said there is not enough



The rainbow flag, a symbol of the LGBTQ+ community, flies over a building next to Nelson’s Column monument, right, in Trafalgar Square, central London, Britain, March 28, 2014.

Associated Press

evidence about the potential benefits and harms of the blockers, which help prevent people from developing physical features not in line with their gender identity, such as beards or breasts.

The decision which is not an outright ban on puberty blockers was criticized by some transgender campaigners and is being closely watched in the

United States. Transgender medical care for minors is endorsed by major U.S. medical associations, but several Republican-led states have banned puberty blockers and other treatment for transgender youth and, in some cases, adults. Cass’ report, which runs to almost 400 pages, said that “for most young people, a medical pathway” is not the best way to deal with

gender-related issues.

Cass said young people questioning their gender identity should be given “a holistic assessment” including screening for neurodevelopmental conditions such as autism, and a mental health assessment. She urged “extreme caution” about giving children or teens masculinizing or feminizing hormones testosterone or estrogen to

people under 18.

Prime Minister Rishi Sunak welcomed the review’s recommendation of caution.

“We simply do not know the long-term impacts of medical treatment or social transitioning on them, and we should therefore exercise extreme caution,” he said.

Critics accuse Sunak’s Conservative government of weaponizing the issue of gender identity as part of a “culture war” electoral strategy.

The government recently issued guidelines for schools that said teachers should not be required to address children by their preferred pronouns.

In her report, Cass said there was “no clear evidence” that social transition in childhood such as changing names or pronouns has any positive or negative mental health outcomes.

The report also concluded that there is no simple explanation for why the number of young people identifying as transgender has shot up in recent years in the U.K. and other countries. □

Italy opens new slander trial against Amanda Knox. She was exonerated 9 years ago in friend’s murder

By COLLEEN BARRY

Associated Press

FLORENCE, Italy (AP) — Amanda Knox was back on trial for slander Wednesday for wrongly accusing a Congolese man of murdering her roommate while the young women were exchange students in Italy. Knox herself was convicted of the slaying before being exonerated in a case that grabbed the global spotlight.

Knox was a 20-year-old student with rudimentary Italian who had recently arrived in Perugia, when she endured a long night of questioning in the murder of Meredith Kercher. She ended up accusing the

owner of a bar where she worked part-time of killing the 21-year-old British student.

In 2016, the European Court of Human Rights ruled that the interrogation violated her rights because she was questioned without a lawyer or official translator.

In November, Italy’s highest Cassation Court threw out the slander conviction the only remaining guilty verdict against Knox after the same court definitively threw out convictions for Kercher’s murder against Knox and her Italian ex-boyfriend, Raffaele Sollecito, nine years ago.

That conviction, which endured multiple trials and

appeals, has remained a legal stain against her, especially in Italy, as she pursues a new life in the United States campaigning for judicial reform.

Another man was convicted in Kercher’s 2007 murder.

Knox, now 36, did not appear in Wednesday’s hearing in Florence, and is being tried in absentia.

She remains in the United States, where she campaigns for social justice and has a variety of media projects including a podcast and a limited series on her case in development with Hulu.

Knox’s accusation against bar owner Patrick Lumum-



Amanda Knox speaks at a Criminal Justice Festival at the University of Modena, Italy, on June 15, 2019.

Associated Press

ba appeared in statements typed by police that she signed, but which have

been ruled inadmissible in the new trial by Italy’s highest court. □

Brazil's Yanomami leader asks the Pope to support President Lula in reversing damage to the Amazon

By **NICOLE WINFIELD**
Associated Press

VATICAN CITY (AP) — Pope Francis met Wednesday with a leader of Brazil's Yanomami people, who asked for papal backing for President Luiz Inácio Lula da Silva's efforts to reverse decades of exploitation of the Amazon and better protect its Indigenous peoples.

Davi Kopenawa, a Yanomami shaman, said he came to the Vatican at Francis' invitation to brief him on the plight of the Yanomami and the Amazon, where deforestation surged to a 15-year high during the previous administration of far-right President Jair Bolsonaro. The Yanomami Indigenous Territory, Brazil's largest, was ravaged by thousands of illegal gold miners spurred on by Bolsonaro. They felled trees and poisoned waterways with mercury.

Kopenawa, who wore a traditional feathered head-dress and beads around his neck, told reporters afterward he gave Francis a letter laying out the concerns of the Yanomami. He



Davi Kopenawa, a Yanomami shaman, listens to reporters' questions during a press conference after his meeting with Pope Francis at the Vatican, Wednesday, April 10, 2024.

Associated Press

said he asked for Francis to support Lula to try to fix the previous government's "error" and that Francis said he would speak with him. "I'm not going to say they will fix it, I'm not going to say they will solve it. To ruin things it is easy, to fix things it is difficult. But they are trying," Kopenawa said in Portuguese. "I am a man

of our forest who looks after our planet Earth, I am waiting for the international community to fight, I am waiting for the international community that has money, to do it, to stop the destruction of our planet Earth which is happening now." The Amazon rainforest, covering an area twice the size of India, is a crucial buffer

against climate change. Studies have shown that Indigenous-controlled forests are the best-preserved in the Brazilian Amazon. But Bolsonaro made good on his pledge to not demarcate a single additional inch of Indigenous territory during his tenure, and defanged environmental enforcement agencies.

Deforestation surged to a 15-year high on his watch. Lula took office and swiftly declared a public health emergency in Yanomami lands due to the effects of illegal mining and began working to expel the miners. He also empowered environmental agencies to crack down on illegal logging. In January, government satellite data showed that deforestation had fallen by half in the first year of Lula's term. Government officials have said that areas with illegal mining inside Yanomami territory have dropped 85% and health has improved. But after the initial success, prosecutors, law enforcement and employees of federal environmental agencies say illegal miners are returning.

"One person alone cannot solve everything. That is why I asked for support," Kopenawa said. "I asked the pope to support him, to reinforce the work. To defend the people." History's first Latin American pope has made caring for the environment, especially the Amazon, a hallmark of his papacy. □

Israel threatens to strike Iran directly if Iran launches attack from its territory

By **JACK JEFFERY**
Associated Press

JERUSALEM (AP) — Israel's foreign minister threatened Wednesday that his coun-

try's forces would strike Iran directly if the Islamic Republic launched an attack from its territory against Israel.



In this photo released by an official website of the office of the Iranian supreme leader, Supreme Leader Ayatollah Ali Khamenei leads Eid al-Fitr prayer marking the end of the Muslims holy fasting month of Ramadan, in Tehran, Iran, Wednesday, April 10, 2024.

Associated Press

His comments came amid heightened tensions between the rival powers following the killings of Iranian generals in a blast at the Iranian consulate in Syria earlier this month.

"If Iran attacks from its territory, Israel will respond and attack in Iran," Israel Katz said in a post on X in both Farsi and Hebrew.

Earlier Wednesday, Iran's Supreme Leader Ayatollah Ali Khamenei reiterated a promise to retaliate against Israel over the attack on its consulate in Damascus. Tehran holds Israel responsible for the strike that leveled the building, killing 12 people. Israel has not acknowledged its involvement, though it has been bracing for an Iranian response to the attack, a sig-

nificant escalation in their long-running shadow war. The strike killed Gen. Mohammad Reza Zahedi, a senior figure in Iran's Islamic Revolutionary Guard who led the group's elite Quds Force in Lebanon and Syria until 2016. The 11 others who died included six Revolutionary Guard members, four Syrians and a Hezbollah militia member.

Israel has attacked scores of Iranian-linked targets in Syria over the years with the apparent intent of disrupting arms transfers and other cooperation with Lebanon's Hezbollah, which is backed by Iran. The Israeli army rarely comments on these attacks. Since the Israel-Hamas war in Gaza began six months ago, there have been near-daily

exchanges of fire between Israeli forces and Hezbollah along the Israel-Lebanon border. Gaza's Hamas rulers, who triggered the war by attacking southern Israel on Oct. 7, are also backed by Iran. Tehran also backs an umbrella group of Iraqi militias targeting U.S. military bases and positions in Syria and Iraq, known as The Islamic Resistance of Iraq. Khamenei made the remarks at a prayer ceremony celebrating the end of the Muslim holy month of Ramadan, saying the strike on its consulate was akin to an attack on Iranian territory. "When they attacked our consulate area, it was like they attacked our territory," Khamenei said, in remarks broadcast by Iranian state TV. □

Fruit Loose & Veggie Boost: Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mangoes hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel

This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa



Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif



There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of

fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind



A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system. Start the day with a 'batida' (smoothie) enriched with a local veggie touch or select your restaurant that offers local vegetable dishes to get the real pure taste of it.

Comcomber chiquito

This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Comcomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna



In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pampuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

Don't forget to visit Aruba's famous Red Anchor

At the south east coast of the island, standing alone on a windswept and barren land stands a popular Aruba landmark – a large anchor. It overlooks the sea just beyond, watching over the shipping lanes. It stands there in memory and in honor of all seamen who have lost their life at sea.

Where to Find the Anchor?

The anchor is a "must see" landmark when you visit Aruba. It is among the most photographed historical landmarks for the island. You want to make sure you add this stop on your itinerary when your visiting the south coast of Aruba. The bright red anchor against the backdrop of the deep blue Caribbean sea and the azure blue skies, make a great backdrop for your vacation pictures.

The anchor is located at the entrance to Gate 6 to the former Lago Colony. It is on the outskirts of Seroe Colorado, on the south east point of the island at the "T" junction to Baby Beach. Depending on where you are staying on the island, follow the signs that indicate the way to Baby Beach. Once you reach the T-junction, it will be right in front of you.

About the Anchor Size

It will be hard to miss the anchor, it's huge! The anchor that weighs 21,772 kilos, is approximately 10 feet 6 inches wide and 15 feet, 6 inches tall.

On the anchor there are some numbers. The 4112 and 4115, which are believed to be the serial numbers that refer to the "fluke" or horizontal and vertical parts of the anchor, respectively. The number 21772K refers to the weight of the anchor in kilos.

This type of anchor was manufactured by Hoesch Dortmund Horde, at a foundry located in Germany.

Where did the Anchor Come From?

There are a number of stories as to the origins of the anchor, which one do you think it was? (Unfortunately the mystery has never been solved, so your imagination can pick which one you think it might be!)

Story 1:

"According to Mr. Manuel M. Curiel, an ex-Lago Tug Captain, a fully laden VLCC (Very Large Crude Carrier) was seeking a mooring at the 15-mile anchorage, known as Bara, on the southern part of the island. This is the usual shallow mooring location for ships awaiting orders, etc. The weather was rough with strong current. The normal procedure is that

they would walk out three shackles (about 90 feet) until the anchor touches the bottom while the chain must rest on the bottom. Subsequently, they will walk out some extra shackles and when the ship starts to swing or lean on one side, the anchor is properly set. Because of the rough weather, unfortunately they did not get the time to walk out the extra tackles and because of the tension exerted on the winch, it broke, and they lost the anchor and its chain."

Story 2:

"Mr. Curiel also said that at one time a small tanker with a Korean crew, while lifting their anchor also lifted another anchor near the inner harbor. When the ship asked for assistance, he went with his tugboat along with a barge, to help. But eventually they had to cut the chain and let the anchor go to the bottom because they could not untangle them."

How Did The Anchor Become a Landmark?

Sometime between 1980 and 1985, three gentlemen (Mr. Wim Martinus – the Harbormaster of Aruba; Mr. August Genser – the ex-Division Superintendent of Lago's Laboratory; and Mr. Willie Davis – Owner of Filtec at Zeewijk in San Nicolas), were having a conversation with Mr. Char-

lie Brouns Jr. at his famous Charlie's Bar and Restaurant in San Nicolas. Charlie, who was a visionary and had dreams for developing the San Nicolas area, told these gentlemen that he would like to come up with something innovative for the San Nicolas area to draw tourism to the area.

The "anchor", which at that time was being stored at the Oranjestad harbor, was suggested as an option. Charlie liked the idea! He then contacted the President of Lago for permission to acquire the anchor. He was granted permission and the anchor was then relocated to its present location and dedicated "To All Seamen" on the occasion of the closing of the Lago Oil Refinery on March 31, 1985.

Through the Years

Through the years the Anchor was slowly weathering from the wind and salt. As time passed, sadly the origin and purpose of the anchor slowly faded away from people's memories.

After Charles Brouns Jr died on September 15, 2004, his friend Mr. Sam Speziale, requested assistance from the management of Valero Aruba Refinery to help maintain the monument. The Valero Aruba Refinery, graciously sandblasted and painted the anchor



The Red Anchor situated at the entrance of former Lago Colony in San Nicolas

and poured a concrete pad around it. On April 17, 2005, the anchor monument was rededicated "To All Seamen" in a formal ceremony in memory of Charles Brouns Jr.

Today, the anchor stands both as memorial to all seaman who have lost their lives at sea, but also as a silent reminder that Seroe Colorado is part of San Nicolas and that San Nicolas is still a vibrant and important part of the island of Aruba.

The Best Time to Visit

When your planning your visit to the south end of the island, you will want to include in your itinerary the many things to see and do there. The anchor will be just one of these stops, (keep an eye out for our future editions, we publish our recommendations!).

With that being said, I have to say, if you enjoy catching a sunrise, the anchor is one of the best places on the island to catch the sunrise. But in reality, anytime is a good time to visit, depending on your personal schedule. ☐

Aruba to me



ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give permission to The Aruba Today Newspaper, Caribbean Speed Printers and any of its affiliated companies to use said materials, as well as names, likeness, etc. for promotional purposes without compensation. Last but not least: check out our web-

site, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from our awesome visitors Silvia Sperling Canabarro and Ubirajara Pirillo Canabarro from Porto Alegre, Brazil.

They wrote to us saying: "We have been frequent visitors to Aruba for several years. This is our 15th stay. We love this place for its indescribable landscape, its climate, and safety. It is a place where we can feel the beauty of life.

A big hug and see you on our return."

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! ☐

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Best spots to view the sunset

(Oranjestad)—Today we celebrate Valentine's Day, and what can be more romantic than surprising your partner with a date watching the sunset. Aruba's sunset leave many speechless, and luckily, the best spots to view the sunset are entirely accessible and easy to find. Here are some of the best places to view the sunset on the island.

California Light House

Of course, being one of the highest point easily accessible to locals and tourists, the California Light House hill not only offers a tremendous view of the sunset, but also a breath taking scenery of most of the island. In the distance you can spot all the hotels, the western shoreline and the wild waves that crash on the northern side of the island.



Manchebo & Eagle Beach

Speaking of the western shoreline, the best spots for viewing the sunset on the beach has to be either Manchebo Beach or at Eagle Beach, which stretch along the entire western coast of the island starting from behind Bucuti & Tara Beach Resort up to the Amsterdam Manor roundabout. The sunset on these beaches is truly breathtaking; the sky and ocean look so big and spacious, and paired with the orange/pink hue of the sunset, the white sandy beaches and the soft sounds of waves crashing—it can only be described as an experience!*

Arashi Beach

Another beach that has to be considered as another great spot to view the sunset. Arashi Beach is the last beach you will find along the western coast line, just before you drive up the hill to the California Light House. A favorite for surfers and body boarders, the Arashi sky stretches out for miles, lending a spectacular canvas for the sun to create a masterpiece of orange, pink and purple hue.



Hooiberg Hill

These last two options are for more active couples. If you and your partner like to hike, the Hooiberg Hill may be a great place for you to get your daily workout in and enjoy a beautiful view of the sunset and the island as a little reward. Climb on top the 587-step stairs and reach the top to enjoy this incredible scenery.

Casibari Rock Formation

If you're a rock climber, you might enjoy watching the sunset on top of the Casibari Rock Formation. It's no Yosemite, but it does offer a fun little exercise to get to the top. But if you prefer not to get your hands a little dirty, you can always use the stairs in the back.

Editor's note: This spot may be my personal favorite, if you couldn't already tell...☐

Royal Aruba Aloe with voluntary recall for two products

Recently, Royal Aruba Aloe has initiated a voluntary recall of some products in the American market to ensure that a specific element has been removed from their production. Even though they have complied with changes in U.S. laws since 2021, there was still a requirement to announce this publicly. The Aruban company ensures that they have met all requirements and have adapted their formula for

all markets, including Aruba.

Two specific products

Royal Aruba Aloe distributes its products worldwide. Regulations vary around the world and are regularly updated. Therefore, Royal Aruba Aloe has been selling products such as Hand Sanitizers and Alcohol Gel in the U.S. for many years. These products are made with a special alcohol that cannot be consumed, as it is mixed with a limited amount of other chemicals.

Regulation changed three years ago

Most producers (including Royal Aruba Aloe) have always used Methyl Alcohol for this purpose, but in 2021, the U.S. Food and Drug Administration (FDA) banned the use of Methyl Alcohol. Royal Aruba

Aloe immediately changed the formula to eliminate Methyl Alcohol.

Recall is a formality

However, because Royal Aruba Aloe had sold other Hand Sanitizers through its website in the U.S., the FDA requested a voluntary recall of all Hand Sanitizers sold between 2021 and 2023. The recall was carried out in the U.S. and publicized through various media outlets.

Royal Aruba Aloe emphasizes that the recall does not apply to products sold in Aruba and that all Hand Sanitizers and Alcohol Gels sold in Aruba do not contain Methyl Alcohol either.

For further inquiries, you can always email recall@arubaaloe.com.☐



Aruba to me

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Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting

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Episode CXVI 116 - The benefits of gardening



We are living in a society in which people have less and less time while gardens can be seen as stressor. However, on the other hand a garden will provide you with a more relaxed life style and a connection with nature that will lead you to enjoy certain benefits.

Studies have shown that gardening is good therapy to feel good and that half an hour dedicated to gardening reduces stress. A reduction in stress that translates into improving the ability to remember and even learning. By practicing gardening we are able to distance ourselves from our daily problems, which is an ideal point to

achieve the long-sought and awaited inner peace. When you take care of the garden you will notice that your plants are grow more are more beautiful every day, you'll feel comforted with the work that causes your immune system to be strengthened.

Gardening is directly related to our system since; in general, it is practiced in an outdoor space, where we receive sunlight, which translates into vitamin D, responsible for helping the body absorb calcium, a mineral that strengthens the bones and the immune system. When you take care of your garden for 45 minutes in addition to burn-

ing the same amount of calories as in 30 minutes of aerobic exercises, which will make you feel much more optimistic because gardening, improves your enthusiasm for life. In any case, gardening involves movement which is a very healthy activity!.

Gardening dirt's and stain's your hands with soil, transplanting, watering, pruning, cultivating ... is a perfect therapy to improve your well-being, and is that when you practice gardening your body generates serotonin and dopamine, two chemicals that stimulate the immune system and keep us happy. It seems that one of the

most rudimentary tasks such as gardening stimulates us since we feel and touch the earth (which is like grounding, reconnecting with it). We see beautiful things, we perceive the smells details of the earths and flowers. Go out on the terrace or garden and take care of your plants!. Reducing stress level by doing a comforting and satisfying job, like taking care of your trees, shrubs and flowers or pick your crops and fruits, you will fall asleep easy and better. Caring for plants creates a relationship with the floral world that values all the fruits and vegetables provide us in a different way.

In addition, if the practice of gardening is related to one's own the garden, more fruits and vegetables from could be cultivated and consumed fresh. Through the care of plants we learn great lessons such as caring for the environment, natural flora, the importance of resources and the preservation of, how they are grown and where certain foods come from, the real need to eat fresh and following a healthy diet.

To get to know more over Aruba's and its origins, its animals and culture, we highly recommend you to book your visit for our renowned cultural encounter session has been entertaining curious participants for decades. Mail us at etniana03@gmail.com or WhatsApp (+297) 592 2702 to confirm your participation. Our facilities and activities take place close to high rise hotels. □



Article by: Etnia Nativa

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Etnia Nativa is close to the high rise hotels



ARUBA CLEAN



IS MORE DUSHI

Did you know about...

Basic driving rules on Aruba (part 2)

(Oranjestad)—In Yesterday's issue, we've provided some basic rules when driving on the four-lane highways and roundabouts on the island. Today, we want to offer you more tips and tricks when it comes to driving on the roads and highways of Aruba.

Speed limit in certain areas

As mentioned in yesterday's issue, the legal minimum and maximum speed limit on the island is 50 and 80 km/h respectively. However, there are some areas where it is mandated to drive up to a certain speed. This is always indicated by a circular traffic sign with red border and the number 50 on it. Signs like these are always paired

by a similar sign with the number crossed out further down the road. This means that the mandate for this speed is now over; you may increase your velocity. Red borders on traffic sign—whether it's a circle or triangle—usually signal a warning, prohibition or preference.

Besides the "50" sign, you may also

encounter a traffic sign that says "bebouwde kom". These can be found in San Nicolas and Oranjestad. Bebouwde kom signs are rectangular and blue, and essentially tell you that you are in a heavily inhabited area. The maximum speed limit in a bebouwde kom is 50 km/h. Just like the previous pair, bebouwde kom signs are also paired with a similar sign crossed out.

Priority signs

On the main roads of Aruba (not the highways), you may see a yellow, squared sign with a white border. This sign tells you that on this road, you have priority and all other traffic should yield to you. This sign can be seen in Savaneta for example. So, if you are driving on the main road in Savaneta going to San Nicolas, you are driving on a single long road, and other cars that want to get on this main road or cross it, either from an intersection or from a dirt road, must all wait until traffic on the main road is clear. In other words, you do not have to stop for them. This sign too has a counter part that indicates that your priority is over.

Another priority sign you may encounter is a triangle sign with a red border and something that looks like a cross. You'll see this sign in an intersection. The general rule of thumb for crossing an intersection that do not contain traffic lights, roundabouts, sign or arrows on the road, is to always yield for traffic on your right. However, if you encounter this sign on your side of the intersection, you have priority over the other cars, even the one on your right.

However, be careful not to confuse this sign with a similar up-side down triangle, also found on intersections. This sign is a prohibition sign, telling you that you have to stop and give other cars priority. Of course you also have a "stop" sign that mean the same thing. The stop sign is generally used for tricky intersections with minimal view of opposite incoming traffic.

These are some of the basic rules that you would have to know if you decide to drive on the island. These are of course other traffic signs, and we recommend you visit aruba-travelguide.com for an extensive overview of all traffic signs used on Aruba. □



bebouwde kom



end bebouwde kom



end priority



end speed limit



intersection priority



priority



speed limit



stop sign



triangle stop sign

CROSSWORD

By THOMAS JOSEPH

ACROSS 44 Kind of boom
1 Seize
5 Many viral posts
10 Purple hue

12 "Hello" singer
13 Texas player

14 Striped cat
15 Last letter
16 Draw attention away from

18 Madden
20 Sandy color
21 Plucked instrument

23 Early hour
24 Sirius, for one
26 Budget item
28 Pool need
29 Fake coin

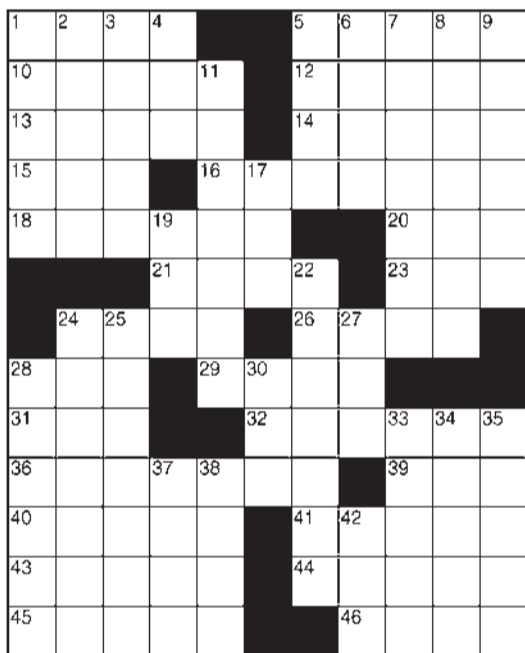
31 Thurman of film
32 Hire
36 Run riot
39 Cowboy nickname
40 Not moving
41 Avignon's river
43 Bert's buddy

DOWN 1 Pottery coat
2 Out of bed
3 Change
4 Butter unit
5 Yoga needs
6 Fix text
7 Bomb unit
8 Posh
9 Placid
11 Mountain lions
17 Pricing word

IRISES ACHE
TURTLE CROW
SESAME TOTE
COSMIC
WACK AVOWS
ASH RAKED IN
TSA OLE IDO
TEMPLES LEO
STEEL SENT
LOST IT
STEP HARBOR
POOL IGUANA
ANNE NOT YET

Yesterday's answer

19 Cry of insight
22 Hedge trimmers
24 Indone-sian island
25 Joining forces
27 Chick holder
28 "Drat!"
30 Relay section
33 Make amends
34 Wish granter
35 Busi-ness
37 Ballet bend
38 Brighton brews
42 Blazing



4-11

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

4-11 **CRYPTOQUOTE**

L YFC TIQQ GR CSQZLEY.
VISCD WFNQV EFC YIC S TFAV
LE IVYITLJI, YAIT
VLJWFNASYIV, SEV CASUIQIV
FE. — QFNLJI IAVALWD,
"CASWZJ"

Yesterday's Cryptoquote: WE'RE FOOLS
WHETHER WE DANCE OR NOT, SO WE MIGHT AS
WELL DANCE. — JAPANESE PROVERB

Cruise ship Schedule: Apr 8 - Apr 14 2024

TUE	09	SYMPHONY OF THE SEAS	08.00	21.00	I	1
WED	10	CARNIVAL MAGIC	07.00	15.00	B	1
		NORWEGIAN PRIMA	10.00	20.00	C	1
		MARELLA VOYAGER	08.00	20.00	I	1
THU	11	MSC DIVINA	07.00	14.00	B	1
		RHAPSODY OF THE SEAS	08.00	18.00	C	1
FRI	12	CARNIVAL PRIDE	09.00	22.00	C	1
		NORWEGIAN SKY	10.00	20.00	I	1
SAT	13	NORWEGIAN JADE	07.00	20.00	C	1
TUE	16	RHAPSODY OF THE SEAS	08.00	21.00	B	1
		CARNIVAL HORIZON	09.00	22.00	C	1
WED	17	ODYSSEY OF THE SEAS	08.00	23.00	C	1
SAT	20	NORWEGIAN PRIMA	10.00	19.00	C	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic—but important—information that we think may come in handy to Aruba's visitors.

lets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

Supermarket hours
Supermarket hours may



vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.

Electrical power



Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of out-

Drinking water



The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Safety



Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occurs, so keep yourself and your belongings safe.

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San Nicolas:

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OTHER

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Blood Bank Aruba 587 0002

Urgent Care 586 0448

Walk-In Doctor's Clinic

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Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

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Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
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Jet Blue	588 2244
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AID FOUNDATIONS

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5 questions to ask when helping an older parent with money

By JAE BRATTON
of NerdWallet

Conversations about money often require sensitivity and patience, especially when the person across the table is an older parent.

Some of us won't need or want to get involved in someone else's finances. But others may have to take an active role in helping an older parent manage their money. If that's the case for you, don't neglect a discussion about credit. Good credit matters throughout life, so any conversation you have with a parent should focus on building and maintaining healthy credit.

Here are five credit-related questions to ask older parents if you don't know where to begin.

1. WHAT'S YOUR CREDIT SCORE?

Good credit scores can create opportunities and unlock lower interest rates, and they still matter even as we age. Maybe your parent wants to downsize to a new home or settle in a retirement community; having a good score can be advantageous in both scenarios.

Free credit scores are available from personal finance websites, credit card issuers and other financial institutions.

If their score is lower than they had hoped, develop



In this June 15, 2018, file photo, cash is fanned out from a wallet in North Andover, Mass.

Associated Press

a plan together for elevating it. Paying loan balances on time and using less than 30% of available credit can lift scores. Older parents with limited credit can open a secured credit card to help them build a credit history.

2. HAVE YOU REVIEWED YOUR CREDIT REPORT?

In 2023, data compromises impacted more than 350 million Americans, according to the Identity Theft Resource Center. Each data breach presents an opportunity for a bad actor to steal someone's personal information, which can cause serious financial trouble for the victim. That's why Liz Kishel, a certified fi-

nancial planner at Modera Wealth Management in Atlanta, urges older people to examine their credit reports. The three major credit bureaus, Equifax, Experian and TransUnion, offer a free credit report every week.

Signs of identity theft or fraud include credit cards you don't recognize, discrepancies in loan balances on the report compared with your own records, misspelled names and unfamiliar addresses.

Identity theft victims can remove fraudulent debt and information from their credit report by submitting the following to the credit bureaus:

An identity theft report from [identitytheft.gov](https://www.identitytheft.gov).

Proof of identity.

A letter listing fraudulent debts and information on the credit report. (7)

3. IS YOUR CREDIT FROZEN?

People can and do recover from identity theft or fraud, but it's not always easy. Kishel's advice: Freeze your credit to prevent fraud or theft from happening in the first place. When your credit is frozen, it becomes inaccessible to fraudsters who may want to open lines of credit in your name. For maximum protection, freeze your credit report with all three credit bureaus.

"A lot of (older adults) have

wonderful credit scores because of the age of their credit histories," Kishel says. "Protect the good credit that you've fought so hard to build."

4. DO YOU HAVE YOUR OWN CREDIT CARD?

Older parents should have a credit account in their own name, and women may need to be especially mindful on this point. Until the Equal Credit Opportunity Act of 1974, lenders could deny loans to women without a male co-signer.

As such, some older women don't have their own credit history, leaving them financially vulnerable.

It can be difficult to distinguish the primary or the authorized user on a credit card. Parents could be joint owners, or one could be the primary owner and the other an authorized user. Call the issuer of the card if you're not sure.

Advise the parent with authorized user status to get their own card. If the account owner dies or removes the authorized user from the card, all account activity is erased from the authorized user's credit report. That erasure could damage the authorized user's credit if the account was kept in pristine condition because all of that good credit history goes away. □

Jessica Alba steps down as chief creative officer at Honest, the personal care company she founded



Jessica Alba arrives at the third Los Angeles Beverly Arts (LABA) Icon Awards, Friday, Sept. 22, 2023, at the Four Seasons Hotel in Los Angeles.

Associated Press

Jessica Alba, who shot to fame in the James Cameron television series "Dark Angel," as well as films such as "Sin City" and the "Fantastic Four," will step down as chief creative officer at Honest Company, a personal care company that she founded. Alba will keep a seat on the company board, but Honest said that she will now focus on "new endeavors."

The actress founded Honest in 2012 after she suffered allergic reactions to baby laundry detergents.

The company went public in May 2021, with shares soaring 44% in their stock market debut.

Sales at Honest Co. have risen steadily, but the company has struggled to turn a profit. Late Thursday, the company put up its first profitable quarter since mid 2021.

"Honest has been a true labor of love for me — one that showed me what's possible when you infuse purpose into business," Alba said in a prepared statement.

Alba had early starring roles in Nickelodeon's series "The Secret World of Alex Mack," as well as the revival of the 1960s television series "Flipper."

Shares of Honest Co., based in Los Angeles, fell slightly before the opening bell Wednesday. □

Track and field becomes first sport to pay prize money at Olympics. Paris gold medalists get \$50,000

By JAMES ELLINGWORTH
AP Sports Writer

Track and field is set to become the first sport to introduce prize money at the Olympics, with World Athletics saying Wednesday it would pay \$50,000 to gold medalists in Paris. The move is a symbolic break with the amateur past of the Olympics in one of the games' most-watched events.

The governing body of athletics said it was setting aside \$2.4 million to pay the gold medalists across the 48 men's, women's and mixed events on the track and field program for this year's Paris Olympics. Relay teams will split the \$50,000 between their members. Payments for silver and bronze medalists are planned to start from the 2028 Olympics in Los Angeles. World Athletics President Sebastian Coe told reporters that the move is meant "to recognize that the revenue share that we receive is in large part because our athletes are the stars of the show."

The prize money will come out of the share of Olympic revenue that the IOC distributes to World Athletics. However, the move could upset the balance of power in the Olympic movement ahead of the Paris Games. Coe said World Athletics only gave the International Olym-



Lamont Marcell Jacobs, of Italy poses with his gold medal following the men's 100-meters final at the 2020 Summer Olympics, Monday, Aug. 2, 2021, in Tokyo.

pic Committee "a heads-up" of its intentions on Wednesday morning, shortly before it published its announcement. In response, the IOC said it was up to each sport's governing body to decide how to spend its share of Olympic revenue.

"The IOC redistributes 90% of all its income, in particular to the National Olympic Committees (NOCs) and International Federations (IFs)," the IOC said. "This means that, every day, the equivalent of \$4.2 million goes to help

athletes and sports organizations at all levels around the world. It is up to each IF and NOC to determine how to best serve their athletes and the global development of their sport."

The modern Olympics originated as an amateur sports event and the IOC does not award prize money. However, many medalists receive payments from their countries' governments, national sports bodies or from sponsors.

"I'm probably the last generation to have been on the

75-pence (95-cent) meal voucher and second-class rail fare, competing for my own country. So believe me, I do understand the nature of the transition we've been in," Coe said.

The British runner won gold in the 1,500 meters at the 1980 and 1984 Games in an era when Olympic track was on the verge of opening up to professional athletes.

"It's a completely different planet from when I was competing, so it's very important that this sport recognizes the

change in that landscape and the added pressures on many competitors."

The United States Olympic and Paralympic Committee awarded \$37,500 to gold medalists at the last Summer Games in Tokyo in 2021. Singapore's National Olympic Council promises \$1 million for Olympic gold, a feat only achieved once so far by a Singaporean competitor.

In sports like tennis and golf, the Olympic tournament is the only time in a season that many pro players compete for free, with medals on offer but no prize money.

But Coe didn't want to speculate on whether other events could follow track and field's lead. "I've always made it a point not to speak on behalf of other sports," Coe said.

The move by World Athletics could be seen as an indicator of Coe's intentions for the Olympics as a whole if he makes a run for the IOC presidency.

"I haven't ruled it in, and I certainly haven't ruled it out," Coe said last year when asked whether he would consider running for the IOC's top post when Thomas Bach's term ends in 2025. The IOC typically disapproves of any public campaigning for the presidency and Coe's comments drew criticism from Bach. □

Associated Press

McDavid and Vasilevskiy remain tops in the latest NHLPA player poll

NEW YORK (AP)—NHL players still think Edmonton's Connor McDavid is the best skater, Tampa Bay's Andrei Vasilevskiy is the top goaltender and Pittsburgh's Sidney Crosby the most well-rounded player in the league, according to the union's annual survey released Wednesday.

McDavid, Vasilevskiy, Crosby and Colorado defenseman Cale Makar were among the top answers by 639 members who responded as part of the seventh edition of the NHL Players Association survey.

Players also gave Montreal and Edmonton the top marks for having the best ice in the league, while defending champion Vegas and current Stanley Cup favorite Carolina are the toughest buildings to play in. A three-time MVP and the reigning winner of the Hart Trophy, McDavid has been voted the best skater or forward in every version of the survey since 2018-19. He's a four-time winner of the Lester B. Pearson as the most outstanding player in a season as voted by his peers.

Vasilevskiy, a two-time Cup winner, has been considered the goalie players would most choose to win one game dating to 2020 when he surpassed Montreal's Carey Price for that spot.

Lightning teammates Nikita Kucherov (best playmaker) and Victor Hedman (most difficult player to face in their own end) were also No. 1 choices.

Canadian star Marie-Philip Poulin of Montreal was chosen the top player to watch in the inaugural season of the Professional Women's



Tampa Bay Lightning goaltender Andrei Vasilevskiy (88) blocks a shot on goal during the second period of an NHL hockey game against the Pittsburgh Penguins in Pittsburgh, Saturday, April 6, 2024.

Associated Press

Hockey League. She was followed closely by American Hilary Knight, who's captain of PWHL Bos-

ton. Italy was the global destination players would most like to see host NHL games. □

The Masters: When it starts, how to watch, betting odds for golf's first major of 2024

By The Associated Press
AUGUSTA, Ga. (AP) — The Masters begins Thursday on the revered grounds of Augusta National, where defending champion Jon Rahm will tee off alongside Rory McIlroy, Scottie Scheffler, Tiger Woods and the biggest names in golf for the year's first major championship.
 With a schism still separating the stars of the PGA Tour from those playing in the rival LIV Golf league, the lure of the blooming azaleas, Amen Corner and the Hogan Bridge have brought together a field of 89 vying for the green jacket.
 Here is a look at what you



Tiger Woods catches a golf ball on the driving range during a practice round in preparation for the Masters golf tournament at Augusta National Golf Club Monday, April 8, 2024, in Augusta, Ga. Associated Press

need to know leading up to the Masters.

WHEN IS THE MASTERS?

The first round begins at 8:15 a.m. EDT Thursday, when honorary starters Jack Nicklaus, Gary Player and Tom Watson tee off on Tea Olive, the first hole at Augusta National. Jock Hutchison and Fred McLeod were the first honorary starters in 1963, but it was not until Byron Nelson and Gene Sarazen took over in 1981 that it became such a treasured tradition. The rest of the field tees off following them in groups of three, which were announced Tuesday. After the second round, the top 50 players and ties make the cut for the weekend and are paired according to score for the final two rounds.

HOW CAN I WATCH THE MASTERS?

The Masters streams on its website the first round at 8:15 a.m. Thursday and throughout the day, and cameras highlight holes and groups. The first two rounds are broadcast on ESPN beginning at 3 p.m. Thursday and Friday. CBS has the final two rounds Saturday at 3 p.m. and Sunday at 2 p.m. The tournament also is streamed on ESPN+, Paramount+ and Fubo+.

WHAT ARE THE BETTING ODDS FOR THE MASTERS?

Scheffler, the 2022 champion and world's No. 1 player, is the 4-1 favorite, according to FanDuel Sportsbook. McIlroy is 10-1 to end a decadelong majors drought. Rahm is 11-1 to become the fourth player to repeat as champion. Xander Schauffele is 14-1 and 2021 champion Hideki Matsuyama and reigning PGA Championship winner Brooks Koepka are 20-1. Woods is 150-1.

WHO SHOULD I WATCH AT THE MASTERS?

Scheffler is such a heavy favorite that some sportsbooks are offering the chance to wager on him against the field. □



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